Construction Safety Video, Quiz & Training Session Recommendations/Suggestions:

Give the quiz to the students prior to the viewing of the video. Allow students to read and formularize themselves with the test questions. The questions came directly from the video, and they are designed to be challenging. However, if the students have the quiz in their position and are familiar with the test questions prior to viewing the video, they will be encouraged to pay attention to obtain the answers to the test questions.

The Video has eight components. You may watch the video in its entirety or watch different sections at a time. We recommend watching the first four sections, taking the appropriate quiz then watch the next four sections and take the final portions of the quiz. This can be done on two separate days or on the same day with a break after the quiz.

Allow time for discussion of the quiz answers. There may be situations or answers to some of the questions that the video did not discuss. The students may have experienced similar situations and through their practical experience discovered other ways to work safely. This will promote positive communication, student feedback and give students the feeling that they are taking an active role in their safety.

Allow time for discussion during practical/performance sections of quiz. Let other students critique other students' performance. Stress the importance of team work in safety and not to cut corners. A safety device is only as good as the person that uses it.

Construction Safety Quiz Part I Fall Protection.
What are the "A, B, C, D, E's" of Fall Arrest?
What is the height requirement for a work area when fall protection is required?
How much weight must an "Anchor Point" for lifelines, lanyards and deceleration devices hold?
What are connectors and why is it important for a worker to inspect them before each use?
Where is it "NOT" permissible to hook your fall protection lanyard?
When putting on your fall protection full body harness, where should the dorsal "D-Ring" be located?
When putting on your fall protection full body harness, where should the "Chest Strap" be located?
(True/False) When providing fall protection to a worker, employers have the option to install guard rails or place workers in full body fall protection devices.

(True/False) Guard Rails	must be installed a	at 42 inches in h	eight with mid	rails ½ the

How much weight are guard rails required to withstand?

(True/False) Guard Rails must be installed at 42 inches in height with mid rails ½ the distance to the working walking surface and toe boards must be at least 4 inches in height.

Extra Credit:

(True/False) "Wire Rope" rails must be tightened to only allow 3 inches of downward or outward pressure/movement and require flagging every 6 feet of length to aid in visibility.

Practical Activity:

Have each worker put on their full body harness fall protection. Make sure all straps and fasteners are secure and in the correct location.

Construction	Safety	Quiz 1	Part 1	II
Scaffolding				

(True/False) Scaffolding is a temporary work platform and requires the supervision of a "Competent" person must be designed by a "Qualified" person. All persons working on scaffolding are required to have training so they are alerted to the hazards associated with scaffolding and how to recognize dangers.

(True/False) Scaffolding must be 10 feet or more from un-insolated electrical lines.

When is it permissible to secure scaffolding with loose items like barrels, blocks, boxes or concrete blocks?

Does scaffolding have to be equipped with guard rails, mid rails and toe boards?

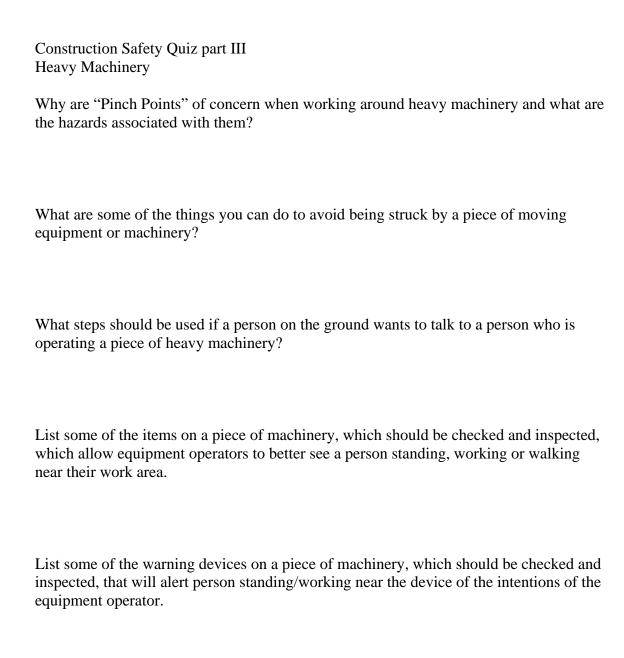
When and who must inspect scaffolding and does this information have to be documented?

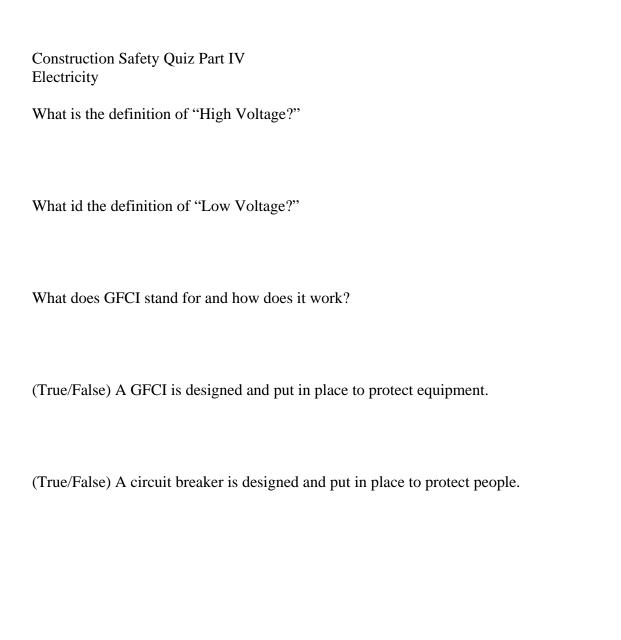
How much time do you have before you make repairs to damaged/worn out portions of scaffolding?

What type of material may be used to cover the platform area of scaffolding?

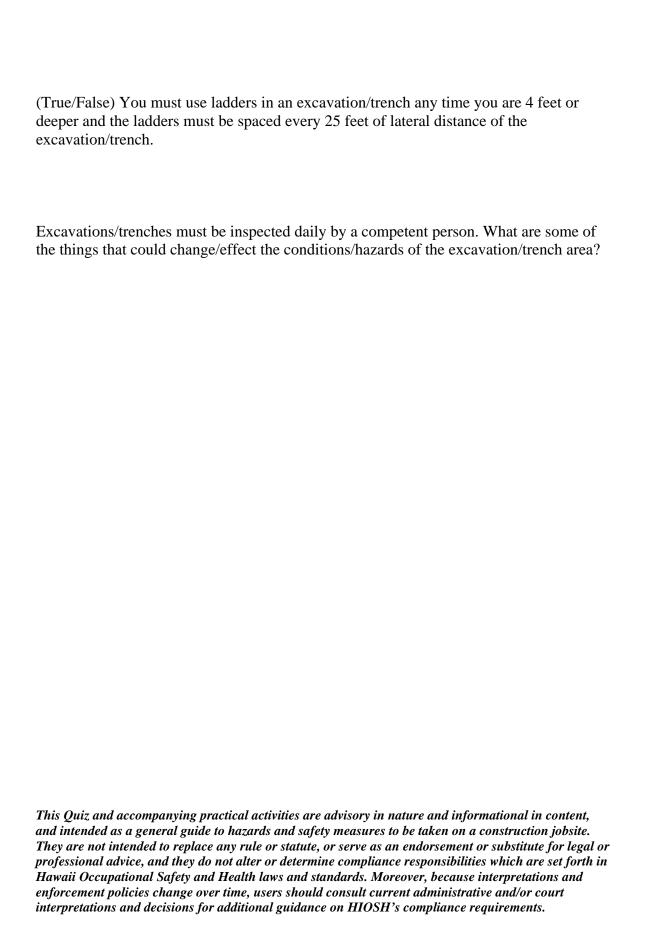
Who has the authority to supervise the erection, movement, dismantlement or alteration of scaffolding equipment?

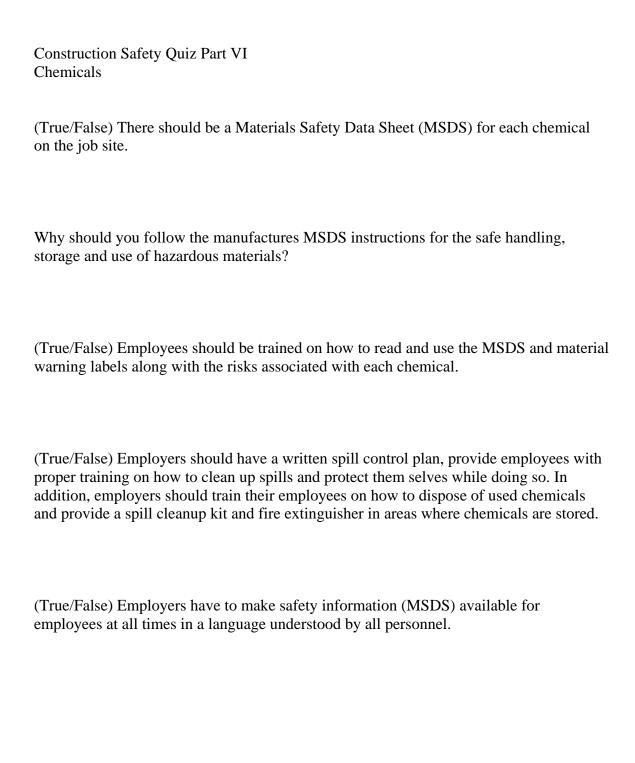






Construction Safety Quiz Part V Excavations
What are some of the underground utilities/hazards workers may encounter during excavations?
What is the "One Call Center" and what is it used for?
What are some of the ways to avoid coming in contact with underground utilities?
At what depth are you required to use some form of protective measures to ensure workers safety?
(True/False) OSHA/HIOSH requires a "Competent" person to classify soil and to determine what type of protective system is required for that particular soil type.
List some of the ways workers can be protected while working in a trench/excavation.
(True/False) Any excavation of 20 feet or deeper requires a professional engineer to design a protective system to protect workers.
Why is it good/safe work practice to keep soil piles at least 2 feet away from excavation/trenches?





Construction Safety Quiz Part VII Ladders
The proper base to height ratio of a ladder is 4 to 1. What does this mean and why is this important to your safety?
(True/False) Ladders are made for a specific type of use and rated to hold a particular maximum load or weight. On the side of the ladder you will find a label with information regarding the type of ladder, what it is to be used for, any warnings and the proper configuration.
Only type 1 or 1A ladders are permitted in construction. They are rated for 250 and 300 pounds. Why is this important and how could not using a ladder with the correct rating become a safety hazard?
Why is it a good idea to immediately mark a damaged ladder with "DO NOT USE" and tike it out of service?
Why should you never use a metal ladder while performing electrical work or use a metal ladder around overhead power lines?
Why is it important to properly secure ladders and ensure that they are not located in front of doors or high traffic areas?

Why is it important for the information label on the ladders side rail to be easily read and understood by workers using the ladder?

Why is it important to check your ladder each day at the beginning of each shift?
Practical Activity:
Have workers demonstrate how to properly set up a ladder so that it has the correct 4 to 1 base to height ratio.
Bring a ladder into class (that you know is defective), have the workers point out the problems with the ladder and ask them to make the determination if the ladder is safe to use.
This Quiz and accompanying practical activities are advisory in nature and informational in content, and intended as a general guide to hazards and safety measures to be taken on a construction jobsite. They are not intended to replace any rule or statute, or serve as an endorsement or substitute for legal or professional advice, and they do not alter or determine compliance responsibilities which are set forth in Hawaii Occupational Safety and Health laws and standards. Moreover, because interpretations and enforcement policies change over time, users should consult current administrative and/or court interpretations and decisions for additional guidance on HIOSH's compliance requirements.

Construction Safety Quiz Part VIII Personal Protective Equipment and General Safety
On a construction site when it is acceptable to use sun glasses instead of safety glasses with a Z87 ANZI rating?
List some of the PPE (Personal Protective Equipment) item used on your job site.
Why is good hygiene important when using disposable ear inserts?
(True/False) With Hard Hats, only the outside shell is important when providing protection for the worker.
Why is an employee's attitude important to his/her safety?
How does proper house keeping important to the safety of a work site?
Why is it always important for workers to be aware of his/her surroundings?
Why is it a good idea and a good work practice to watch out for the other workers on your job site?

